

## **March is Brain Injury Awareness Month**

The DES Vocational Rehabilitation Program supports Arizonans with brain injuries in completing their educational and employment goals to achieve self-sufficiency.

### **FREQUENCY OF BRAIN INJURIES**

Every 9 seconds, someone in the United States sustains a brain injury.

### **ACQUIRED BRAIN INJURIES**

More than 3.5 million individuals sustain an acquired brain injury (ABI) each year from incidents including electric shock, near drowning, substance abuse/overdose, seizure disorder, and stroke.

### **TRAUMATIC BRAIN INJURIES**

At least 2.5 million individuals sustain a Traumatic Brain Injury (TBI) each year as a result of an external force which may include a fall, motor vehicle accident, assault, or other.

### **HELP US SPREAD AWARENESS**

Join with us as we wear purple on March 20 to increase awareness of this invisible disability. Help us de-stigmatize brain injuries by sharing #ChangeYourMind on social media.

If you or someone you know has sustained a brain injury, DES may be able to help. Please visit, [www.AZDES.GOV/RSA](http://www.AZDES.GOV/RSA) for more information.

*\*Source: Brain Injury Association of America*